

ANNUAL NARRATIVE REPORT

APACHE COUNTY
ARIZONA

MRS. INA B. HANSEN
HOME AGENT

December 1, 1957 to October 1, 1958

MRS. INA B. WARD
HOME AGENT

October 1, 1958 to December 1, 1958

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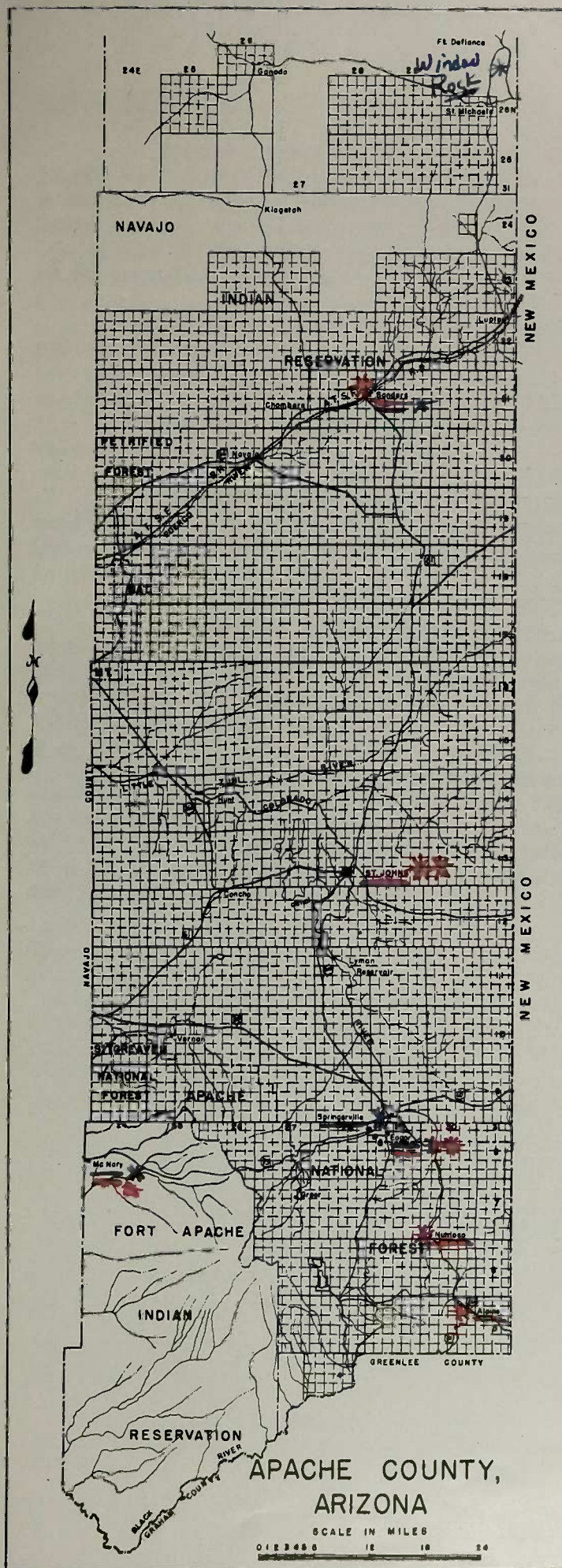
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RELIEF SOCIETIES
OR BRANCHES

*HOMEMAKER CLUBS

COUNTY SITUATION

Apache County has a population of approximately 31,600 with 5,900 families. There are seven definite communities: Window Rock, Ruerco Valley, St. Johns, Round Valley, Alpine-Nutriosos, McNary, and Concho. Since the county is 225 miles long and only 50 miles wide, distance to be traveled is great.

The total effective buying income (after federal, state, and local government taxes) is \$20,645,000, \$3,499 per family and \$653 per capita. This is the lowest in the state of Arizona. Consequently most of the people are in the low-income bracket and Extension work could be of great value to them.

It is extremely difficult to reach the people who need help because of their church activities. Approximately 45% of the people outside of the Indian Reservation belong to the L. D. S. Church.

The sources of income are cattle and sheep ranging, lumbering, tourists, irrigated crops and some dry land farming. A large number of the people have gardens and orchards and the homemakers can or freeze the surplus vegetables and fruit.

Mrs. Ina B. Hanson, who started work in the county on October 1, 1957, was the first full time agent in Apache County. Not many people come to the extension office or call for information on home making because they are not used to having a full time agent. On October 5th Mrs. Hanson married and her name now is Ward.

OUTLOOK FOR 1959A. Adult Work.

In the adult program the organized groups are becoming closer knit and are holding regular meetings with a lesson at each meeting. Delegates from the groups have met twice and have formulated a well-rounded program for the coming year. They selected at least two lessons in each field of home economics which should interest more homemakers. The plan is to mimeograph the program for the year and stick to the program as outlined.

More of the homemakers in the county know about the services and literature available through the extension office because of the letters the home agent sends each month. The letters go to homemakers groups, members of Relief Societies, 4-H leaders and others who have asked to be on the mailing list.

Plans are underway to have a group of young homemakers organized in St. Johns.

B. 4-H Work.

There has been a considerable increase in the 4-H Home Ec. enrollments during the past year. With new groups organizing at Ft. Defiance the next year should show another increase in enrollments.

If a fair portion of last years leaders will continue their leadership, we can expect a better quality of 4-H work and a larger percentage of completions.

I. EXTENSION ORGANIZATION AND PLANNING

A. GENERAL

During this year a special effort has been made to reach more of the homemakers in Apache County. Some progress has been made especially in the organized groups. There seems to be more loyalty to their groups and to their communities.

The program for this year was not planned by the groups themselves so we had sort of felt our way along, getting their suggestions at each meeting and then trying to meet their wants and needs. This has meant a little more work for the agent as not all the groups wanted the same lessons.

1. Agent Meets With Sanders Relief Society.

On March 4th Ina B. Hanson, Apache County Home Agent met with the Sanders Relief Society to explain Extension work and report on the plans for a homemakers club in the area. The group, though small, decided they would like to meet with the group from the other church. The meetings will be held on the 4th Thursday of each month at 7:00 P.M.

2. Sanders Homemakers Organize.

On March 27th at 7:00 p.m. homemakers in the Sanders area met at the Valley Baptist Church. The home agent, Ina B. Hanson, explained the extension program and what was planned for Apache County. The group decided to form a homemakers club. Officers elected were Mrs. Eugene Lowery, Sanders, president; Mrs. Charlotte Pelton, Chambers, vice-president; Mrs. Spencer Balcomb, Sanders, secretary-treasurer; and Mrs. Bill Roberts, Sanders, reporter. Others present were Mrs. Bob Roberts, Mrs. Bessie Clem, Mrs. J.W. Roten, Mrs. C. D. McCullough, Mrs. Bill McNew and Miss Florence E. Wagner of Sanders; Mrs. Ulysses Ellis of Chambers and Mrs. Carol Young of Grants, New Mexico as a visitor.

3. Club Organized in Window Rock.

On the evening of October 23rd, Mrs. Ina B. Ward met with a group of 25 ladies at the recreation hall in Window Rock to discuss the extension program with them. These ladies are either workers in the government offices or are wives of workers. They were very much interested in the program of this type. Mr. Harold Mineer, Extension Director for the Bureau of Indian Affairs, made the arrangements. Mrs. Elsie Dyer acted as chairman.

After Mrs. Ward explained the program, and what help they could get from the University, the group decided

they would like to organize. Mrs. Elsie Dyer, Donna Adams, Marian Buckingham and Evelyn Arviso will act as a nominating committee to get a slate of officers for the next meeting, which was to be held on November 4th.

4. Program Planning For Apache County Held.

On June 24th Mrs. Eugene Lowery of the Jolly Jills Club, Mrs. William Mildner of the Round Valley Club and Eva Cowley and Vera Jarvis of the St. Johns L. D. S. Relief Society met in the Court Room with the Home Agent, Ina B. Hanson to make plans for the 1959 Extension Program. In spite of the small representation we took a look at the over-all extension program, the outlook, and the situation in the different areas represented. We then suggested lessons which would meet the needs of the people in the different areas, or in some cases the lessons which the club members had expressed a desire for.

This group indicated they would like nine lessons during the year. Each group would make their own plans for the December meeting and July and August would be vacation months.

A list of fourteen lessons was suggested. These will be discussed at the next club meeting and they will be given an opportunity to select nine of them or others of their choice. In October we'll make another attempt to hold a County-wide planning meeting.

5. Second Program Planning Meeting Held.

Mrs. William Mildner, Chairman of Round Valley Homemakers; Mrs. David Brokaw, Chairman of McNary Homemakers; Mrs. Eugene Lowery, Chairman of Jolly Jills Homemakers; Mrs. Lavine Porter, Sanders, Program Plan Chairman, and Geneva Greer, Work Chairman for the St. Johns Relief Society met with the Home Agent at the Court House to make plans for the 1959 program. After some discussion the following program was decided upon.

PROJECT LESSONS FOR 1959

CLOTHING

- | | |
|-------------|---------------------------------|
| 1. February | - PATTERN FITTING |
| 2. May | - PUTTING IN ZIPPERS |
| 3. June | - SEWING MACHINE CLINIC (W.C.)* |

FOODS

- | | |
|--------------|----------------------------------|
| 1. March | - FOOD FOR FITNESS |
| 2. September | - CANNING FRUITS AND VEGETABLES* |
| 3. October | - HOMEMADE MIXES |

HOME FURNISHINGS AND HOME MANAGEMENT

1. January - MONEY NAVIGATION
2. April - BETTER LIGHT FOR BETTER SIGHT
3. November - UPHOLSTERING FOOTSTOOLS*

* These would be workshops or special interest groups.

MISCELLANEOUS

1. June - FLOWER ARRANGEMENT
2. - - - - FIRST AID IN THE HOME

It was also suggested by this group that we have a county-wide event for homemakers. They thought April or May would be the best time

6. Homemakers Attend Country Life Conference.

Mrs. Eugene Lowery, Sanders, accompanied by her daughter, Mrs. Carol Young, and Mrs. Bill Roberts attended Country Life Conference at the University of Arizona, June 2-6. They gave a detailed report to other members of the Jolly Jills club and expressed a desire to have every member of their group attend next year.

Mrs. William Mildner, representative of the Round Valley Club drove her car and took the Springerville 4-H leader delegation to Tucson.

Mrs. Mildner who acted as the delegate appeared on a TV program and sat in on the business sessions. She said she had a very worth while week.

Others who attended the Country Life Conference were Gracia Lincoln, Home Economist Indian Service, Ft. Defiance, and Ina B. Hanson, Apache County Home Agent.

7. Home Agents Hold Conference.

Home Agents from all parts of the state met at Flagstaff June 17, 18, and 19. The main topic of discussion was "Program Planning". Mr. Baker's report brought out the scope of the extension program. Reports by Miss Stewart, the Specialists and fellow workers brought out the importance of careful planning, and different methods of program planning. A committee working with Miss Stewart will evaluate the different methods and formulate a plan to be used in Arizona.

8. State Supervisors Visit County.

Mr. Howard Baker, Assistant to the Director of Extension, and Miss Jean Stewart, State Leader of Home Economics Extension visited the Apache County Agents on July 24th. Office organization and procedure were discussed.

9. County Fair Board Meets.

Around 16 members of the Apache County Fair Board met at the Court House on the evening of August 7th. Delbert Lambson, Secretary of the Fair Board gave a report on the finances, repairs that are being made and led a general discussion on the pay for heads of the departments, securing of judges and other matters pertaining to the group. Later the different committees met separately.

10. Agent Visits Reservation Workers.

On May 12-16 Mrs. Ina B. Hanson, Apache County Agent, visited the Extension Workers on the Navajo Indian Reservation. Monday and Tuesday were spent with Mrs. Gracia Lincoln, Worker at Ft. Defiance. Being new to Extension work she was interested in learning what literature and forms were available for 4-H work and adult work. Wednesday was spent at Chinle and part of Thursday at Ganado. Miss Harris, the worker at Chinle, was out in the field and could not be reached until later in the afternoon.

II. HOUSE AND SURROUNDINGS

A. LANDSCAPE MEETINGS HELD

1. County Agent Holds Landscape Meeting.

There were 27 who attended the Landscape meeting held by the County Agricultural Agent at the High School on March 1st.

The Home Agent attended this meeting as she was not able to attend the one held at Round Valley.

2. County Agent Gives Lesson.

Leonard Isaacson, the County Agricultural Agent, talked to the McNary Homemakers Group on May 1st. He gave the principles of planting by showing slides of good and poor arrangements. He also had slides to show where and what to plant for this area and how to care for the plantings. There were 18 ladies in attendance and all were very interested.

III. HOME MANAGEMENT, FURNISHINGS AND EQUIPMENT

A. GENERAL

1 The lesson planned in this field was on care of rugs and upholstered furniture.

In addition we had lessons on Money Management and Wills. Miss Ryan, Home Furnishings Specialist, gave a demonstration on the Selection of Kitchen Utensils.

1. "Care of Rugs and Upholstered Furniture" Presented.

The lesson on "Care of Rugs and Upholstered Furniture" was presented by Mrs. Ina B. Hanson, Home Agent, to four different groups during January.

On January 2nd eighteen homemakers gathered at the McNary Club House. Since not many in that area have rugs or carpeting, the lesson was slanted toward the care of upholstered furniture. The water in that area is surprisingly soft. The discussion on softening water and types of detergents seemed of special interest to them. The Agent cleaned areas on a small throw rug by using solvent, commercial foam and homemade foam. The commercial foam seemed the least effective on this particular rug. Special caution was made in regard to cleaning upholstered furniture having foam rubber. Also the safety angle was stressed, especially when using solvents. The dangers of carbon tetrachloride were reviewed. The ladies felt that the literature with the treatment for stains would be especially helpful.

The lessons at the two Relief Societies in St. Johns and the Round Valley Homemakers were conducted along the same lines.

2. Miss Ryan Trains Agents.

On February 11th Miss Ryan, Home Management Specialist, met with a group of home agents on the University campus. The purpose was to give the Agents ideas for "tools" to use in presenting Money Management lessons to the homemakers. A number of excellent "tools" were presented.

3. Miss Ryan Gives Lesson.

Miss Grace Ryan, Home Management Specialist of Tucson, and Ina B. Hanson, Apache County Home Agent, met with the Jolly Jills Homemakers Group at the Sanders Home Economics room on May 19th. There were 16 ladies present. Miss Ryan gave a very informative lesson with just enough wit and humor mixed in to hold everyone's attention. The difference in materials used in baking pans was clearly shown by baking cookies.

Mrs. Lowery, the president, conducted a very good business meeting and was most generous in her praise of the demonstration.

4. First National Trust Officer Speaks To Homemakers.

Dave Davies, Turst Officer of the First National Bank of Phoenix, was the guest speaker at the Round Valley Homemaker's regular monthly meeting. He talked to the ladies about the importance of making wills, trusts, joint tenancy, etc. Of the ten ladies present only three had wills. There is no doubt but that he made each of them feel she should have a will.

5. Jolly Jills Hold Meeting.

Jolly Jills was the name chosen for the Puerco Valley Homemakers group a meeting held on March 27th.

During the business meeting conducted by Mrs. Lowery, the group decided they would like the trust officer of the Valley National Bank to meet with them at their April meeting. They decided to invite the husbands, also. His main topic will be "wills."

After Mrs. Hanson explained the different lessons which Miss Ryan could bring to them, they decided they would like the one on the "Selection, Use and Care of Kitchen Utensils". This lesson would be given at their May meeting which may be held on the 19th instead of the 22nd.

Following this Mrs. Hanson led a discussion on the family's money using the flannel board and led up to "Spending the Food Dollar". There was a great deal of interest and many questions.

6. Jolly Jills Have Lesson on Wills.

Mr. Douglas Wall, Turst Officer for the Valley National Bank, spoke to the members of the Jolly Jills Homemakers and their husbands about the importance of wills, kinds of wills, the appointment of executors, and trusts. All were very much interested and had many questions to ask. Mrs. Ina B. Hanson, Home Agent, conducted a quiz on checks while waiting for the entire group to assemble. The group met at 7:00 p.m. in the Baptist Church on April 24th.

7. Dr. Campbell Presents "Managing Your Food Dollar."

Dr. George Campbell, Extension Economist of Tucson, talked to the Round Valley Homemakers and the Round Valley High School Home Economics classes at the Presbyterian Church in Springerville on February 19th. There were 20 adults and 65 home economics girls present. Dr. Campbell pointed out the importance of planned buying as a family project. He illustrated the difference in price on seven canned vegetables and fruits purchased at the same store. A saving of \$1.26 could be made if the family would be satisfied with the cheaper product. He stressed the importance of quantity

buying and showed how the savings would soon pay for the storage space.

He held the attention of the entire group which indicated their interest. Many had questions to ask him also.

IV. CLOTHING AND TEXTILES

A. GENERAL

The clothing projects for the year were to be "Using Sewing Machine Attachments" and "Buymanship of Children's Clothing." It seemed most logical at this time to have the lesson "Getting the Most Out of Your Sewing Machine." Later the ladies asked to have lessons on "Gifts for Giving" and "Gift Wrapping."

1. Miss Church, Clothing Specialist, Gives Lesson.

Miss Helen Church, Extension Clothing Specialist from the University of Arizona, gave the lesson "Getting The Most Out of Your Sewing Machine," to the McNary Homemaker Group and also as a training meeting for the Round Valley Homemakers. Mrs. Ernest Jones and Mrs. William Mildner of Springerville attended as project leaders. There was a total of 19 in attendance. The meeting was held at the Club House on Thursday, April 3rd.

Miss Church demonstrated a number of things that could be done with an ordinary machine as well as an automatic. The ladies were very much interested.

2. Leaders Are Trained.

While Mrs. Ward, the Home Agent, was at Window Rock for the organizational meeting she trained three leaders to give the November lesson. The group decided they would like to have the lesson "Getting The Most Out of Your Sewing Machine" and selected Mrs. Paul Erause, Mrs. Amos Wren, and Mrs. Morris McCabe to take the training. Gracia Lincoln (Indian Service Agent) asked to attend, also. The group met at the home of Mrs. Paul Krause.

These ladies were especially interesting to work with, and should be able to give a good demonstration at their next meeting.

3. The Round Valley Club Has Lesson.

The Round Valley Homemakers Club with Ruth Jones and Dean Mildner as leaders had the lesson on "Getting The Most Out of Your Sewing Machine." The ladies reported that many useful and new ideas were presented to them.

4. Jolly Jills Has Good Attendance.

Mrs. Lavine Porter entertained 18 members of the Jolly Jills Homemaker Club. Mrs. Hanson gave a demonstration "Getting The Most Out of Your Sewing Machine." There seemed to be more interest shown in this lesson than any that this Agent has given. There was also a feeling of enthusiasm after the summer vacation.

5. "Gifts For Giving" Lesson Given.

On September 4th, the Agent met with the McNary Homemakers group to give the lesson on "Gifts for Giving." And on September 11th she gave the same lesson at the Round Valley Homemakers. The ladies made several contributions for gift ideas, also. A great deal of interest was shown.

This same lesson was presented to the Jolly Jills at their November meeting and to the Window Rock group at their December meeting.

6. Round Valley Group Has Craft Lesson.

Mrs. Donna Sideravage was the hostess for a group of the Round Valley Homemakers. They wanted to spend some time learning to make plaster plaques and pins. Mrs. Hanson showed them how and brought the materials. They purchased the materials and plan to meet again to make more of them. Several of these ladies work with youth groups so will have other uses for the craft.

This same group asked to have a meeting where they could learn how to make kaleidoscopes. The agent met with them at Liz Coulter's on November 13. There were 10 ladies present. Each made a kaleidoscope under the direction of Mrs. Ward, Home Agent.

7. Gift Wrapping Demonstrations Given.

On October 27th Mrs. Ina B. Ward, Apache County Home Agent, met with the Jolly Jills Homemaker group at the High School Home Economics Room. There were 18 in attendance. Mrs. Eugene Lowery conducted an excellent business meeting.

Mrs. Ward showed eight packages with different ties, ornaments, etc. Ailene Cowley had decorated these packages. Mrs. Ward demonstrated some of the more commonly used bows. Then each lady covered a box which she had brought and learned to tie a bow of her choice. Many pretty packages were wrapped.

On October 28 a similar meeting was held with the Round Valley Homemakers. A package of special interest to all was a wedding gift wrapped for Anne Shute, a former home agent in Apache County.

The gift wrapping lesson was also given at the McNary Homemakers meeting. There were only eight in attendance at this meeting.

8. St. Johns Wards Have Candle-Making Demonstration.

Mrs. Hanson presented the candle making demonstration to both Wards of the St. Johns Relief Society of the L. D. S.

Church for their November meetings. Miss Bettie Mead, Navajo County Home Agent, was a special guest at one of these meetings. Although the attendance was not large, those who were there seemed very interested. Their church treasurer had purchased wax in Phoenix and she re-sold it to those who wanted to make candles.

9. McNary Homemakers Have Christmas Party.

The McNary Homemakers Club held their Christmas party at their club house on December 5th. The home agent attended mainly to become better acquainted with the members. There were 20 ladies present. Each brought a home made apron. These were put under the tree and numbered. After playing some games and singing Christmas Carols, "Santa" gave each an apron. A committee served refreshments.

V. FOOD AND NUTRITION AND FOOD PRESERVATION

A. GENERAL

In the program of work, Outdoor Cooking, Party Snacks, Freezing Foods and Vegetables, Meat or Poultry Cooking were listed. This proved to be too many lessons on foods.

1. Leaders Trained For Outdoor Meals.

The Round Valley and McNary Homemakers project leaders were trained for the lesson "Outdoor Meals." Mrs. Hanson had asked the leaders to meet at the Bog Creek Picnic Area at 11:00 a.m. on May 27th. It was a beautiful day and location. First they discussed the aims of the lesson: (1) to have well-balanced meals, (2) enjoyment for the family, and (3) safe handling of food, equipment, and fire. They cooked in foil, on a stick, on forks, a grill and a dutch oven.

After eating the food, the two groups planned how they would conduct the lesson at their respective meetings.

Mrs. William Mildner and Mrs. "Speed" Elridge, project leaders for the Round Valley Group, conducted a similar meeting for their club members. Ten adults and 15 children met with them at the South Ford Picnic Area.

Jean Cook and Peggy Brokaw of McNary held a similar meeting in July. They sent a copy of the menu to each of the members inviting them to attend. Just a fair representation of their membership turned out.

2. Round Valley Club Meets With Helen Voigt.

Nine members of the Round Valley Homemaker Club met at the Helen Voigt home on December 18th. Mrs. Ernest Jones, Mrs. Voigt and Mrs. Hanson, the Home Agent, presented the lesson on "Buffet Entertaining." They discussed types of food to serve, arranging the buffet table and the serving. Following the discussion, Mrs. Voigt served a desert buffet from a prettily appointed table carrying out the Christmas theme.

There were not many in attendance because of the usual Christmas activities.

3. McNary Homemakers Have Foods Lesson.

On February 6th, Mrs. Hanson met with the McNary Homemakers at the David Brokaw home. Twelve members attended. Mrs. Opal Lewis, Chairman of the Nutrition Committee prepared the main dish for the buffet meal. They made a tossed salad at the meeting and Mrs. Hanson brought the dessert.

Before lunch Mrs. Hanson discussed the type of food for buffet serving and the different ways to arrange and serve the food.

After lunch there was more discussion on serving buffet meals. Mrs. Hanson reminded them to keep proper nutrition in mind and to make use of foods that are in season. She gave them a demonstration on peeling and sectioning a grapefruit for use in salads, etc.

The next meeting will be at the club house on March 6th.

4. Demonstration On Preparing Foods For The Freezer Given.

Mrs. Ina B. Hanson, Home Agent, gave a demonstration on "Preparing Baked and Pre-Cooked Foods for the Freezer." This was given to the Relief Societies of both Wards of the L. D. S. Church in St. Johns. There was a discussion on the cost of operating a freezer, types of packaging materials, a demonstration on wrapping, what to freeze and how long to store in a freezer. A total of 31 ladies attended these two meetings.

5. Agent Attends Workshop.

On March 25th and 26th Mrs. Hanson attended the meat cookery and freezing of fruits and vegetables workshop conducted by the Extension Nutritionist, June Gibbs, at the Salt River Power Company demonstration room in Phoenix. This was a most profitable two days. Miss Gibbs brought us up-to-date on the latest reserach and methods.

6. Demonstration Given At Northern Arizona Cowbells Meeting.

Twenty-four members and guests of the Northern Arizona Cowbells met at the home of Anona Heap in St. Johns on July 2nd.

Mrs. Ina B. Hanson, Home Agent for Apache County, prepared the main dish for the pot-luck dinner from the hamburger-mix recipe given in the new beef bulletin. She also prepared frozen strawberry jam for them to sample.

For the afternoon program Mrs. Hanson gave a demonstration on preparing fruits and vegetable for the freezer. She stressed the importance of blanching, when and how to use ascorbic acid as an anti-discoloring agent, packaging material to use, and showed how to prepare the frozen jam. There seemed to be a great deal of interest and they had many questions.

During the first part of the demonstration there was a discussion on the economical use of the home freezer. About 75% of the women present owned freezers.

7. Agent Gives Freezing Demonstration At Jolly Jills Club.

Eight members of the Jolly Jills Extension Club met at the Home Economics Room in Sanders at 7:00 p.m. on Thursday, June 26th. Mrs. Ina B. Hanson gave a demonstration on Freezing Fruits and Vegetables. First she discussed the economical use of a freezer, packaging material, and electrical outages. She then prepared a package of green beans for freezing and a package of peaches using ascorbic acid as an anti-darkening agent.

There are homemakers in this area who have gardens and they either can or freeze the surplus products.

8. Miss Stewart Instructs Agent On Use Of Tester.

When Miss Stewart, State Leader of Home Economics, visited Apache County on July 24th, she brought a pressure guage tester from Pinal County. She instructed the Agent on how to use it, and reviewed what had been done in Apache County in previous years in regard to Pressure Cooker Clinics.

Since that time, the home agent has tested four pressure gauges in the Sanders area. No clinics were set up as it was late in the canning season.

At Eager, the L. D. S. Church operates a community cannery. The agent visited the lady in charge, gave her the latest bulletins on canning vegetables and fruits, and discussed matters of sanitation.

VI. COMMUNITY DEVELOPMENT

A. GENERAL

The main activity in this field has been in the Northern Arizona Cowbells Association, the Business and Professional Women's Club, and the County Fair.

1. Agent Joins Northern Arizona Cowbells.

Mrs. Ina B. Hanson, Apache County Home Agent, joined the Northern Arizona Cowbells Association as an associate member. This gives her an opportunity to meet the ranch women of the area. The main object of this group is to promote the consumption of beef. They meet once a month at the different ranch homes. Their programs are interesting and varied.

At one meeting "Speed" Elridge, a meat cutter of Springerville, gave a good talk on cuts of beef.

At the July meeting the home agent gave a demonstration on freezing beef and beef combination dishes.

At another time she gave a demonstration on freezing fruits and vegetables.

Mrs. Helen Voigt, president of the Cowbells, is a member of the Round Valley Homemakers Group.

2. Agent Speaks At High School Career Day.

Mrs. Ina B. Hanson, Apache County Home Agent, spoke to a group of about 40 High School students on "Home Economics as a Career." This is an annual event at the St. Johns High School. Mr. Keith Udall, the Superintendent, had engaged about twenty different people to tell about their professions.

3. Agent Attends Messiah Presentations.

Ina B. Hanson, Apache County Home Agent, attended the Messiah presentation of the Round Valley Community on December 16th and of the St. Johns L. D. S. combined choirs on December 22nd. Both were very well presented and attended.

4. Agent Is Member Of Business And Professional Women's Club.

In order to become better acquainted with the business and professional women in the community, the agent joined their club. They hold dinner meetings twice a month. At their election of officers in the spring Mrs. Ina B. Hanson was elected president. Their main project for the spring and summer was the development of the city park. Through their efforts, the Jr. Chamber of Commerce planted part of the area to grass and

the B. P. W. group planted trees and shrubs. At least it is a start toward the beautification of the park

Other programs and projects have been "Safety in the Home," "Highway Safety," "Civil Defense," and "Professional Improvement." They assisted with the dedication of the new post office.

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
State of Arizona

University of Arizona
College of Agriculture
U. S. Department of Agriculture
and Apache County Cooperating

Agricultural Extension Service
Home Agent Work
County Agent Work
St. Johns, Arizona

February 13, 1958

Dear Friends,

I have now been in your county four months. I'm finding it much easier, as I know many of you by your first name and where you live.

The 4-H clubs have made noticeable progress, but I'm not especially pleased with the attendance at our adult homemaking meetings. Will you plan to attend the next one in your community?

During February and March we'll have a lesson on Money Management. The first one will be held at the Presbyterian Church in Springerville at 2 p.m. on February 19th. Dr. George Campbell, Ext. Economist of the University of Arizona will be the speaker. Anyone may attend, man and women. He will discuss credit, budgets or what ever phase of management the group wishes. Mr. Ernest Jones, F. H. A. and I will give the lesson in the other communities if you ask for it.

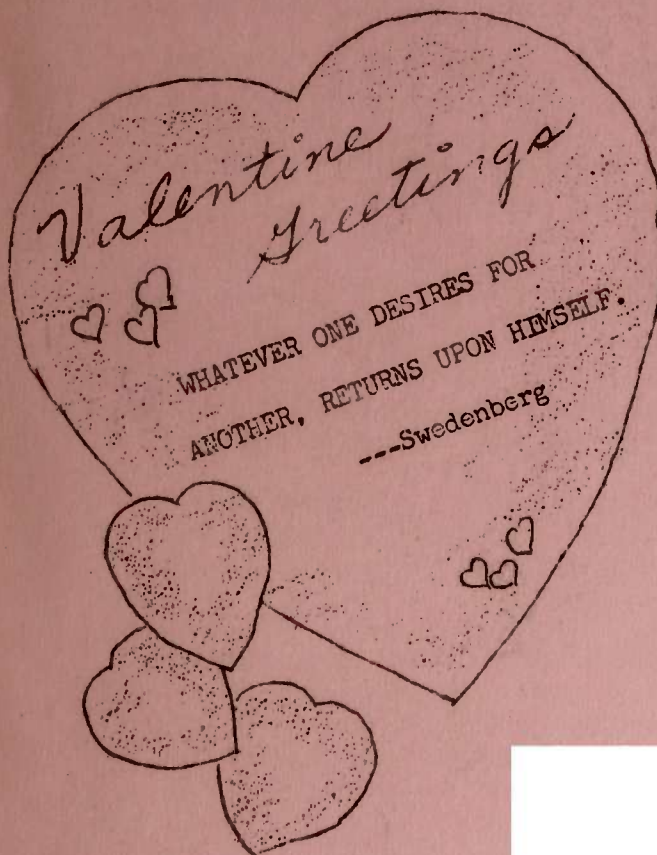
This is like a spring day. Makes one think that it is time to get the spring sewing out of the way so as to be ready for gardening and housecleaning next month.

I'm planning to have Mr. Isaacson, the county agent, give you gardening suggestions next month and I'll enclose some pointers on house cleaning. If you have some good ideas on either, please send them to me. I would appreciate it.

Is your home a safe home? Make a survey today to see what hazards around your home could be removed.

Sincerely yours,

Ina B. Hanson
Ina B. Hanson
Home Agent



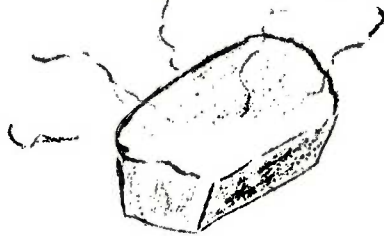
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THIS AND THAT FROM HERE AND THERE !

BREAD--Where do you store your bread? The best place for the loaf which you are using is in a covered container at room temperature. Store the surplus in your home freezer or freezing compartment of your refrigerator. It must be in moisture, vapor proof bag or wrapping.

Bread may become dry, stale or develop a mold. A dry, stale crumb develops faster in the refrigerator. It is true, though, that it does not develop mold as readily.

Diets have been considerably improved since the flour enrichment program. Some form of bread is essential in the daily diet.



MILK--Today's homemaker is well aware of the nutritional importance of milk and other dairy products in the daily diet of her family. She should remember that dairy products are essential in her diet as well. If she is counting calories she should consider using skim milk, buttermilk, or non-fat dried milk. The essential calcium and other minerals are present in all these forms.

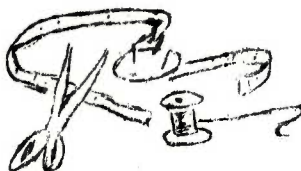
Dried milk--whole and instant non-fat type--is convenient in regard to storage and to use. Dried whole milk is packed in metal containers; instant non-fat dried milk in several sizes of paper cartons. Unless you have your own supply of milk, it is also a money saver.



HOME SEWING--Good tools are as important to the seamstress as they are to the skilled carpenter. Buy good ones then take care of them.

Are you buying patterns according to your measurements as recommended by the pattern companies? During the last two years all major pattern companies have standardized their pattern sizes and amount of ease.

Press the pattern pieces with a slightly warm iron (no steam) before pinning it to the fabric. If alterations are necessary make them on the pattern. Accurate cutting and careful study of the Primer (instruction sheet) will save stitching time. The results will be rewarding also. Pinking shears are not meant for cutting out garments. They are for finishing only.





Coming Events



February 19 -- Round Valley Homemakers at the Presbyterian Church. 2-4 p.m. Dr. George Campbell, Extension Economist of University of Arizona will speak on Money Management. He will discuss buying on time, the importance of budgets and keeping records. He will answer your questions on money matters. The public is invited.

February 27 -- Homemakers in the Sanders area are invited to the social room of the Baptist Church at 7 p.m. Mrs. Hanson, Apache Co. Home Agent, would like to meet with you and tell you about the extension program in Apache County.

March 16-22 -- This is State Library Week. What are your plans to publicize your library or to take steps to secure a library in your community?

April 3 -- Miss Helen Church, Extension Clothing Specialist, University of Arizona, will meet with the McNary Homemakers Group in their club house at 2 p.m. She will give a lesson on "Getting the Most Out of Your Sewing Machine."

April 6 -- Easter Sunday

June 2-5 -- Country Life conference in Tucson. Theme "Living in Tomorrow's World."

June 2-6 -- State 4-H Leaders Meeting in Tucson

August 25-29 -- 4-H Round-Up in Tucson

September 18-20 -- Apache County Fair.

PROJECTS PLANNED FOR COMING MONTHS

FEBRUARY - MARCH	Money Management
APRIL	Getting the most Out of Your Sewing Machine
MAY OR JUNE	Outdoor meals Landscaping or Home Beautification -- by county agent and Harvey Tate, Extension Horticulturalist, University of Arizona
JUNE	Freezing Fruits and Vegetables
JULY	Vacation
AUGUST	4-H Elimination Contests 4-H Round-Up

This is a tentative plan. Changes may have to be made to meet the weather conditions in different areas or to meet the interests of the members.



MYSTERY PUDDING

- | | |
|---|--|
| 1 c. sifted all-purpose flour | $\frac{1}{4}$ c. syrup from fruit cocktail |
| $\frac{3}{4}$ c. sugar | 1 egg, unbeaten |
| $\frac{1}{2}$ tsp. baking soda | $1\frac{1}{2}$ c. drained fruit cocktail |
| 1 tsp. baking powder | $\frac{1}{2}$ tsp. grated lemon rind |
| $\frac{1}{2}$ tsp. salt | $\frac{1}{4}$ c. chopped nuts |
| $\frac{1}{2}$ c. brown sugar, firmly packed | $\frac{1}{4}$ c. brown sugar |

Sift first five ingredients together into a 2 quart casserole or baking dish. Add brown sugar, fruit cocktail syrup, and egg and blend well. Stir in drained fruit cocktail and grated lemon rind. Scrape extra batter from sides of casserole and spread batter evenly in dish. Sprinkle top with the $\frac{1}{4}$ c. brown sugar and nuts. Bake in moderately slow oven, 325°, for 50-60 min., or until set in center. Serve warm or cold with whipped cream or ice cream. Serves 6-8 large portions.

-----0-----

PEARL'S EXCELLENT

- | | |
|--------------------------|-----------------------------|
| 1 c. flour | 1 egg, beaten |
| 1 c. sugar | 1 can (#303) fruit cocktail |
| 1 tsp. soda | less 2 T. juice |
| $\frac{1}{2}$ tsp. salt. | |

Sift together dry ingredients. Add beaten egg. Add fruit cocktail and mix together. Pour into greased, 9" square pan. Sprinkle with 1 c. brown sugar and $\frac{1}{2}$ c. nuts. Bake in 325° oven for one hour or longer, until rich brown. May be served topped with whipped cream or ice cream. Serves 10-12 nicely.

-----0-----

You may wish to try this recipe for "Jellied Beet Salad" as a Valentine Dish.

- | | |
|--|------------------------------------|
| 1 pkg. lemon-flavored gelatin | 2 c. diced cooked beets (boil home |
| 1 c. beet juice, hot | canned whole beets 15 min. before |
| $\frac{2}{3}$ c. orange or pineapple juice | using.) |
| 1 tsp. salt | 1 c. diced celery |
| 2 tsp. horseradish | 1 tsp. grated onion |
| 2 T. vinegar | |

Dissolve gelatin in hot beet liquid, add fruit juice and seasonings, and cool until syrupy. Mix in lightly the beets and celery, put into a mold and chill.

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COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
State of Arizona

University of Arizona
College of Agriculture
U. S. Department of Agriculture
and Apache County Cooperating

Agricultural Extension Service
Home Agent Work
County Agent Work
St. Johns, Arizona

March 20, 1958

Dear Homemaker:

First of all, I want you to know there is an organized homemakers group at Sanders. They will decide on a name at their next meeting which will be Thursday, March 27th at 7 p.m. at the Valley Baptist Church. If you live in this area, won't you plan to be there? I'll be giving a lesson on Money Management, mainly on the Food Dollar. I'm looking forward to meeting with this group again.

In my last letter, I told you that Mr. Isaacson, County Agricultural Agent, would be giving us some garden hints in this issue. But that will have to be later. He is putting out a bulletin on Landscaping. It is just full of good ideas. If you don't receive one, and you could use it, just call the extension office or drop us a card.

Do you know that last year over the nation there were 27,500 killed and 4,100,000 injured in home accidents. Let's keep these figures in mind and try to make Apache County homes a safe place in which to live,

Sincerely yours,

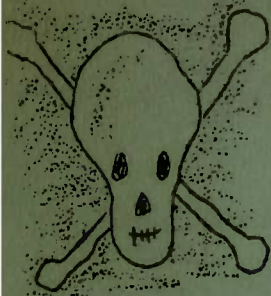
Ina B. Hansen
Ina B. Hansen
Home Agent

Easter
Greetings



HOME SAFETY

POISONING WAS THE CAUSE OF 50% OF ALL CHILD ACCIDENTS COVERED IN A 1952 SURVEY.



Organize your house so that all harmful substances stay out of the reach of children. Children invariably have a very unfortunate habit of putting everything they can reach into their mouths. Many recently developed household items are not marked with the skull and crossbones, yet can be lethal poisons.

Never put anything poisonous on food shelves.

Keep poisons in their original container and keep them tightly covered. Lock cabinets with poisons in them.

Now is a good time to clean out the medicine cabinet. Discard all old medications. Some increase in potency with age, others decrease.

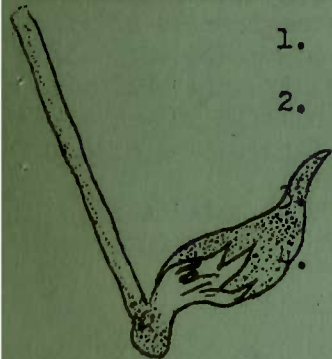
MORE THAN HALF OF THE DEATHS IN THE HOME OCCURRED FROM FALLS.

What are some of the specific things you could do to eliminate falls in your home?



1. Do you have an even flow of traffic thru your rooms? (Furniture arranged out of path of travel.)
2. Do you have plenty of storage space so there is no clutter on the back steps, stairways or halls?
3. Is there a light at the top and bottom of each stairway. No door opening directly on to a stairway?
4. Do you have non-skid finishes on floors, non-skid rug underlays?
5. Do you wipe up spills as soon as they happen?

MORE THAN ONE-FIFTH OF THE HOME FATALITIES OCCURRED FROM BURNS.



1. Do you have a fire extinguisher in your home? (This is a must on my list.)
2. Have you had your electric wiring checked since you added your last piece of electrical equipment? Adequate wiring is a safety must.
3. Do you remember to turn handles of cooking utensils so they are out of reach of children?
4. Do you place dust cloths and oily paint cloths in covered jars or metal containers when not in use?

Safety cannot be set off by itself. It must be integrated into everything we do. We learn habits of safety, and they are as essential to everyday living as habits of cleanliness and good manners. We can build safety into our homes, but we must also build safety into the people who live in these homes. Guard and guide for better - safer - living in YOUR HOME.

Each and every one of us can do something about this. Look around you; if you see a potential hazard, PLEASE do something about it!

RECIPE FOR A HAPPY DAY

1 cup friendly words
4 heaping tsp. time and patience
2 heaping cups understanding
Pinch of warm personality
Dash of humor

Instructions for mixing:

Measure words carefully. Add heaping cups of understanding; use generous amounts of time and patience. Cook with gas on front burner. Keep temperature low ---do not boil! Add dash of humor and a pinch of warm personality. Season to taste with spice of life. Serve in individual molds.

----- 0 -----

Housecleaning today doesn't need to be a hectic time for you or other members of the family. Do a few of those "extra jobs" each week such as cleaning cupboards, closets, etc. Then when the right day comes along add the final touches and "presto" the job is done.

----- 0 -----

MORE LIGHT FROM LAMPS

Lighting and color today have an influence upon our daily lives. We little realize sometimes how much surroundings affect the quantity and quality of light.

Dirt and dust on bulbs, light fixtures, and lampshades absorb as much as 50% of the light produced. This means you are paying for light you can't use. Lampshades and fixtures should be included as part of the regular weekly cleaning. Dust glass, diffusing bowl, and bulbs. Diffusing bowls should be washed often.

----- 0 -----

MASTER MIXES

Did you notice the "Quick Mix" recipes in the March issue of one of your state farm magazines? Mildred Eaton, Home Agent from Graham County, who prepared the bulletin of recipes used, says that homemakers in higher altitudes will need to change the baking powder and sugar content whenever they make the Master Mix or the White Cake Mix. In changing the proportions refer to Bulletin # 224 "High Altitude Cakes." For altitudes of 5,000 - 7,000 ft. it suggests using 3/4 tsp. baking powder for each 1 tsp. called for, and 2/3 cup sugar for every cup.

Miss Eaton says if the correct proportions are used, you will get a moist tender crumb cake that is superior to commercial mixes.

----- 0 -----

KNOW YOUR OFFICERS

McNary Homemakers

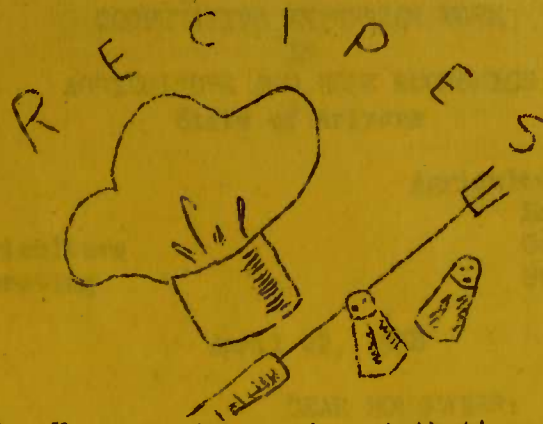
Pres. Mrs. David Brokan - McNary
Vice Pres. Mrs. Floyd Johnson
Sec. - Treas. Mrs. J. W. Sample
Reporter Mrs. Marvin Morrow

Sanders (?) Homemakers

Pres. Mrs. Eugene Lowery - Sanders
Vice Pres. Mrs. Tom Pelton - Chambers
Sec. - Treas. Mrs. Spencer Balcomb
Reporter Mrs. Bill Roberts - Sanders

Round Valley Homemakers

Pres. Mrs. M. Mildner, Springerville
Sec. - Treas. Mrs. Ernest Jones - Springerville



Cooking for a Gang? Here are two good contributions.

MARZETTI (50 portions)

- | | |
|--|--------------------------------------|
| 1 cup shortning | 6 medium sized onions |
| 6 quarts tomato juice | 5 tablespoons salt |
| 2 teaspoons black pepper | 3 cans (8 oz. each) sliced mushrooms |
| 4 cups grated cheddar cheese | |
| 6 lbs. pork, veal or beef cubes (I used hamburger) | |
| 6 packages (8 oz. each) noodles (medium or broad.) | |

Preheat Roaster-Oven to 500° F. Brown cubed meat in hot, melted shortening in Inset Pan of Roaster, with Roaster covered during browning. Add onions and cook until slightly browned. Add tomato juice and seasoning. Cover. Reduce temperature to 350° F. and cook until meat is quite tender (about 1 hour). Add mushrooms and uncooked noodles, stir well and continue cooking 30 min. longer until noodles are tender. Sprinkle grated cheese on top and heat until melted. Keep hot for serving at 150° F.

Helen Voigt - Springerville

RAINBOW CAKE

- | | |
|---|---------------------------------|
| 2 pkgs. gelatin (red) | 1 lb. graham crackers (crushed) |
| 2 pkgs. gelatin (green or other color) | 1 cup soft butter |
| 2 cups canned pineapple juice | $\frac{1}{2}$ cup sugar |
| 2 pkgs. Lemon or Apple flavored gelatin | $\frac{1}{4}$ cup lemon juice |
| 1 cup sugar | 1 cup ice water |
| 2 | 1 cup Non-Fat Dry Milk |

1. Make gelatin cubes: Dissolve 2 pkgs. red gelatin in 2 cups hot water. Add 2 cups cold water. Pour into pan to depth of $\frac{1}{2}$ inch. Chill. Cut in $\frac{1}{2}$ inch cubes. Repeat with other color of gelatin.

2. Prepare Crumb Crust: Mix 1 pound crushed graham cracker crumbs, 1 cup soft butter and $\frac{1}{2}$ cup sugar. Press into bottoms and sides of 2 - 11x4x2 $\frac{1}{2}$ inch loaf pans, lined with waxed paper.

3. Heat pineapple juice to boiling. Pour over the Lemon or Apple gelatin and sugar. Stir to dissolve. Cool until slightly thickened.

4. Sprinkle the dry milk over ice water and lemon juice; whip until the consistency of whipped cream. Fold into thickened gelatin (3) and add the cubes (1). Pour into the prepared crust. Chill until firm. Unmold and slice. Yield: 32 portions, 1 cup each. Cost: about 4¢ a portion.

COOPERATIVE EXTENSION WORK
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AGRICULTURE AND HOME ECONOMICS
State of Arizona

University of Arizona
College of Agriculture
U. S. Department of Agriculture
and Apache County Cooperating

Agricultural Extension Service
Home Agent Work
County Agent Work
St. Johns, Arizona

April 22, 1958



DEAR HOMEMAKER:

Spring must really be here now! I notice many of you working in your yards and gardens. Lets all get behind this Spring Clean-Up Campaign and really make a showing.

Even McNary didn't have much snow left the last time I was there. When I was there on March 12th they were having a real blizzard and there was so much snow on all the streets, I was afraid to stop for fear the snow plow would cover me up, car and all. Conditions change in a hurry though.

Have you read the Country Life Brochure I mailed you? Better send your reservation in before you forget about it. Get your husband to attend, also. Several of you have told me you are planning to attend.

I hope you have been thinking about the homemaker program for next year. What would you like to have included? I feel we are about ready for a county-wide program planning meeting. Give your ideas to the chairman of your group whether it is a Homemakers Group, Relief Society, Mother's Club, or Woman's Club. All will be asked to attend our meeting.

Have a Happy Mother's Day, May 11th.

Sincerely yours,

Ina B. Hanson
Ina B. Hanson
Home Agent

IBH/nd
C. 550

"God grant me the serenity to accept things
I cannot change.
The courage to change things I can.
And the wisdom to know the difference."

Author Unknown

HOME DEMONSTRATION WEEK - May 4-10



Theme

TODAY'S HOME BUILDS

TOMORROW'S WORLD

As you read this theme it makes us realize the importance of our homes and the part that extension plays in home and family living. If you are a club member will you make a special effort to inform others of the objectives of the club program and suggest plans for

the future? If you are not a member of a homemaker group, but would like to know more about the work and what services are available you may contact me at the Extension Office in the Court House.

- - -

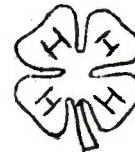
COUNTRY LIFE CONFERENCE - June 2-5

This is an opportunity for you to take part in a four-day program of education, inspiration, and recreation on the campus of the University of Arizona. Your reservation should be sent to me before May 15th. (A blue form sent to you sometime ago).

- - -



4-H LEADER'S CONFERENCE - June 2-6



This is being held on the University campus, also. The dates coincide with the Country Life Conference so there could be a car load from each community.

This is the Tenth Annual 4-H Leader's Conference. There will be Special programs for Junior Leaders, workshops for all leaders, general assemblies and time for fun and fellowship. Your reservation for attendance at this conference must reach me by May 1st. A green form was mailed to all 4-H leaders last week. Get your reservation in today. You won't want to miss this!

- - -

Just For To-Day I will try to live through this day only, and not tackle my whole life problem at once. I can do something for twelve hours that would appall me if I felt that I had to keep it up for a lifetime.

Just For To-Day I will be happy. This assumes to be true what Abraham Lincoln said, that "Most folks are as happy as they make up their minds to be."

BULLETINS OF THE MONTH

Folder 71 - "Fabric Facts for Buying Best Dresses"

What things will help you make a decision and give you value.

Folder 72 - "When You Buy A Sport Shirt"

Wants + Price + Needs + Care = Value.

Circular 180 - "Staystitching Makes Sewing Easier"

What is staystitching? When, where, how it is used.

Don't these sound interesting? If you could use one or all of these give us a call. They are all prepared by Helen Church, Extension Clothing Specialist.

CALENDAR OF EVENTS

- April 24 - The Jolly Jills - 7:00 p.m. Sanders Valley Church.
Quiz "So You Know About Checks"
Douglas Wall, Valley National Bank Trust Officer will discuss wills, joint tenure, etc. Husbands & friends invited.
- May 1 - McNary Homemakers 2:00 p.m.
Lesson - "Apache County Home Beautifying" at Club House.
Leonard Isaacson, County Agent
- May 1 - Get Your Reservation for 4-H Leader's Conference In The Mail.
- May 3 - Junior Leader Day on University of Arizona Campus.
- May 4-10 - National Home Demonstration Week
- May 15 - Is Your Reservation For Country Life Conference In The Mail?
- May 21 - Round Valley Homemakers 2:00 p.m.
Trust & Wills - Trust Officer First National Bank

DO YOU KNOW THAT -

According to the latest estimates of population, income and effective buying income for Arizona counties - Apache County has a population of 31,600 and there are 5,900 families.

* Effective buying income (income after Federal, state and local government taxes) total \$20,645,000, per capita \$653, per family \$3,499.

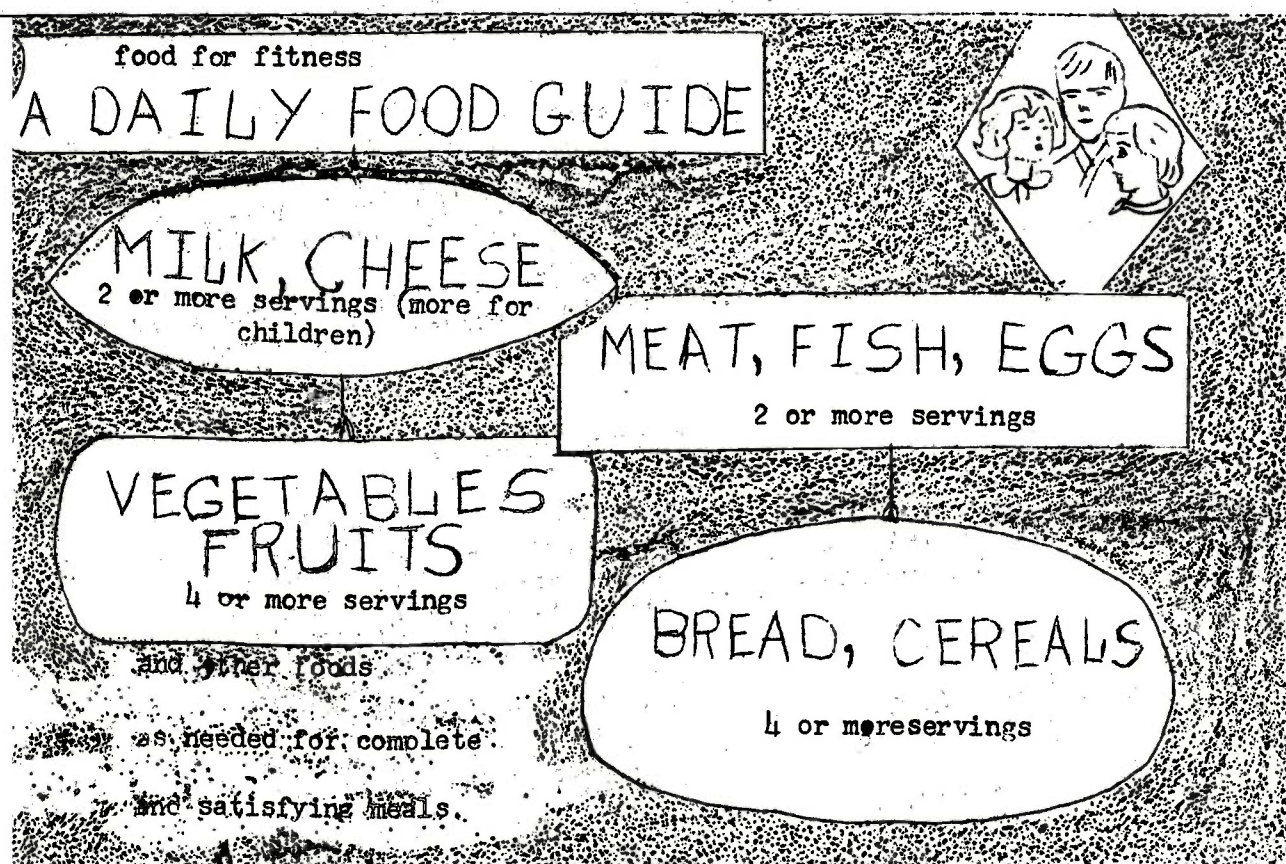
In tests on wear of several different kinds of floor coverings used in homes made by the Texas Experiment Station showed that vinyl and rubber tiles proved most resistant to wear, asphalt tiles least resistant. Materials tested were: Vinyl tiles, rubber tiles, Vinyl asbestos, linoleums, linotiles, cork and asphalt tiles.

* Taken from Sales Management Survey of Buying Power, May 10, 1957.

HOW DO YOU RATE

Food supplies available in this country are sufficient in variety and amount to furnish every individual with the nutrients recommended for good nutrition. However, surveys show that many people could improve their diets, particularly in calcium and vitamins A and C, by wiser food selection.

We used to speak of the "Basic Seven". Now we have a simplified food guide of four broad food groups. The chart below gives these.



CATCH-ALL CASSEROLE - Ina B. Hanson

6 slices bacon, diced	2 T. butter
$\frac{1}{2}$ - $\frac{3}{4}$ C. chopped onion	1 cup stuffed olives, sliced
2 lbs. ground beef	2 packages frozen peas
1 can tomato soup	1 cup canned mushrooms
2 cans tomato sauce	1 lb. noodles
1 tsp. Worcestershire Sauce	2 cups shredded cheese

Salt & Pepper - Dash Tabasco - Garlic

Cook bacon slowly. Drain off part of fat, leaving about $\frac{1}{4}$ T. Take out bacon, saute, onion and meat in fat. When browned slightly, add soup, sauce and seasonings. Add bacon, peas & mushrooms that have been browned in butter. Add olives. Cook noodles in boiling salted water. Drain. Put in greased baking pan. Cover with sauce and top with cheese. Bake 350° about 45 minutes. Serves 12.

This is the hot dish Lucille Greer & I served at B.P.W.

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Agricultural Extension Service
Home Agent Work
County Agent Work
St. Johns, Arizona

May 27, 1958

DEAR HOMEMAKER:

Now that school is out the pattern of living will be changed for many of you. Perhaps it would be well for you to check yourself on the Self-Examination for Parents on the following page.

Helen Voigt, president of the Northern Arizona Cowbells is urging all of you to serve beef for Father's Day, June 15th. Seems logical since a large percentage of the income for Apache County is from beef. I will soon have a new bulletin on Beef. It will give the nutritive value of beef, cuts and methods of preparation. Watch for the announcement of its arrival.

Last week I visited the Northern part of Apache County. It really covers lots of area. The area around Window Rock seems to be teeming with activity. They are building 28 new homes in one area, a new shopping center and improving their fairgrounds. They are in the process of building new roads, too. Goodness knows they need them. I was happy to get back with my car all in one piece.

At Ft. Defiance I had a very pleasant visit with Mrs. Gracia Lincoln, Home Economist for the Indian Service, and at Chinle with Ima Jean Harris in a similar position for that area. Miss Harris has a big 4-H program going and Mrs. Lincoln is planning to start the 4-H program in September.

I just wish more of you could attend Country Life Conference at the University of Arizona June 2-6. It is not too late to get in your reservation. Four H Leaders' Conference is being held at the same time. Those who are attending are listed on a following page.

Have a pleasant, safe summer. I will discontinue my letters now until September.

Sincerely yours,

Ina B. Hanson
Ina B. Hanson
Home Agent

IBH/nd
cc: 580



A SELF-EXAMINATION FOR PARENTS

Let's make a check on how good we are as parents. Our examination papers are our children and our grade is already recorded in their personalities. The neighbors have written some remarks across them, but the chief contributions have come from us.

1. Are my children happy because our home is relatively free from tensions and conflicts?
2. Have I given my child that calm security that comes from his knowing that I love him so much that I would never knowingly do anything which would harm him?
3. Does my child constantly do more and more things for himself, or does he depend upon me for solutions to his problems?
4. Does he calmly accept the results of his own acts, or does he blame some other person when things go wrong?
5. Have I taught my child how to test what are the good things in life and then shown him the proper ways by which to reach them?
6. Have I prepared my child to face disappointment and hardship, as well as pleasure and happiness?
7. Am I sincere and honest in my answers to him, admitting that all of us are constantly learning?
8. Do we, as a family, enjoy laughing together, visiting together concerning mutual interests, and find pleasant an evening alone together?
9. Have I been so fair in the guidance of my child that the older he grows the more he will see the wisdom of my teachings, or will he be critical of me because I knew better and did not tell him?
10. Am I convinced that building a good home is one of the greatest adventures of all times, and that noble children are the supreme reward a man or woman can ask?
11. Have I prepared my children so well that, when the time comes, they can walk alone and not stumble?

Taken from South Dakota Ext. Cir. No. 478



COUNTRY LIFE CONFERENCE
University of Arizona - June 2-6

Attending - Mrs. Eugene Lowery - Sanders
Mrs. Bill Roberts - Sanders
Mrs. William Mildner - Springerville
Mrs. Gracia Lincoln - Ft. Defiance
Mrs. Dorothy Hubbard - Ft. Defiance

*

4-H LEADERS' CONFERENCE
University of Arizona - June 2-6

Attending - Mrs. Ed Coleman - Springerville	Mrs. Evila Vallejos - St. Johns
Miss Cynthia Coleman - Springerville	Miss Veneta Jarvis - St. Johns
Miss Ann Maxwell - Springerville	Mr. Chief Hall - St. Johns
Miss Kathryne Nelson - Springerville	Miss Ima Jean Harris - Chinle
Mrs. Virginia Jarvis - St. Johns	Mrs. Lela Curry - Chinle
Miss Jeanine Jarvis - St. Johns	Mrs. Joseph Gray - Chinle
Miss Jessica Webb - St. Johns	Leonard Isaacson - Ina B. Hanson
Mrs. Lorraine Webb - St. Johns	Apache County Agents

*

CALENDAR OF EVENTS

May 27th - 11:00 A.M. - Outdoor Meals - Bog Creek Picnic Area
Project Leader Training Meeting

May 29th - 2:00 P.M. - St. Johns Cooking Queens - Mrs. Nick Vallejos

May 30th - - Holiday

June 2-6 - - Country Life Conference - University of Arizona
Tucson

June 2-6 - - 4-H Leaders' Conference - University of Arizona
Tucson

June 11th- - Outdoor Meals - Elderberry Canyon
Round Valley Homemaker's Club

June 16-19- - Agent's Conference

June 19th- - Outdoor Meals
McNary Homemaker's Club

June 20-21- - Northern Arizona Cowbells & Cattlemen Meeting-
Springerville

June 23-27- - Senior 4-H Home Economics Contests - One day
this week.

August 25-29- - 4-H Roundup - University of Arizona - Tucson

*

Just For To-Day I will adjust myself to what is, and not try to adjust everything to my own desires. I will take my "luck" as it comes and fit myself to it.

*

Courtesy - Mrs. Eugene Lowery - Sanders, Ariz.

VANILLA NUT COOKIES

4 cups sifted flour	$\frac{1}{2}$ cup brown sugar, firmly packed
3 teaspoons Baking Powder	2 cups granulated sugar
$\frac{1}{4}$ teaspoon salt	2 eggs, well beaten
1 cup butter or other shortening	1 cup nut meats, chopped
1 tablespoon vanilla	

Sift flour, baking powder and salt together twice. Cream butter thoroughly, add sugar gradually, and cream until light and fluffy. Add eggs, nuts and vanilla. Add flour gradually, mixing well. Shape into two rolls and roll in waxed paper. Chill overnight, or 1 hour in freezer, until firm enough to slice. Slice into $\frac{1}{8}$ inch slices and bake on ungreased cooky sheets in hot oven (425° F.) 5 minutes or until lightly browned. Makes about 7 dozen cookies.

Comment: These cookies are rich and have a definite vanilla flavor, we like them best with sherbets or canned chilled fruits.

ORANGE SUGAR COOKIES

$\frac{2}{3}$ cup shortening (I use oleo)	1 teaspoon grated orange rind
$\frac{3}{4}$ cup granulated sugar	2 cups sifted flour
1 egg	$\frac{1}{2}$ teaspoons Baking Powder
$\frac{1}{2}$ teaspoon vanilla	$\frac{1}{4}$ teaspoon salt
	$\frac{1}{4}$ teaspoons milk

Thoroughly cream shortening and sugar. Add egg, beat mixture until light and fluffy. Add vanilla, grated orange rind; mix thoroughly. Sift all dry ingredients together; stir into creamed mixture with milk. Divide dough in half. Chill one hour so it's easy to handle. Roll out one half, keeping other chilled until ready for use. Roll dough $\frac{1}{8}$ inch thick. Cut and put on greased cooky sheet; sprinkle lightly with pinch of sugar. Bake in moderate oven (375° F.) 12 minutes or until light brown around the edge. Makes 2 dozen cookies.

Comment: These are good with iced tea, lemonade or punch. A crisp cooky that keeps well.

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GARDEN HINTS

First plant five rows of P's

P-resence

P-reparedness

P-romptness

P-erseverance

P-erceptiveness

Next to this plant three rows of squash

Squash gossip,

Squash criticism,

Squash indifference.

Then plant five rows of lettuce:

Let us be faithful to duty

Let us be unselfish and loyal,

Let us be true to our obligations,

Let us obey rules and regulations,

Let us love one other.

No garden is complete without turnips:

Turn up for meetings,

Turn up with a smile,

Turn up with ideas,

Turn up with determination to make everything count for something good and worthwhile.

Author Unknown